

**OUTPATIENT DISCHARGE INSTRUCTIONS**  
**Michael F Shepard M.D.**  
**SHOULDER ARTHROSCOPY**

1. **Day of Surgery:**      **Instructions Immediate Post-Op**
  - A.      **Diet: as tolerated.**
  - B.      **Ice pack to shoulder every one to two hours while awake (20 minutes).**
  - C.      **Pain medication as needed every 4-6 hours. It is helpful to take pain medication approximately one-half hour prior to exercise session.**
  - D.      **You may take arm from sling and begin moving your arm gently. Codman's exercises / pendulum exercises two to three times a day.**

***DO NOT place ICE directly to the skin – this will result in a burn and potentially serious wound complications. Always keep a pad between the ice and the skin.***

2. **First Post-Operative Day**
  - A.      **Continue ice pack every one to two hours while awake or at least twenty minutes prior to and after exercise session.**
  - B.      **Pain medication as needed.**
  - C.      **Exercise should be done to the best of your ability.**
  - D.      **You may remove surgical bandage and shower this evening. Cleanse arthroscopy sites with Peroxide or Betadine. Apply band aids and gauze to these op site(s). Do not remove steri strips from op sites these keep incisions closed and stitches in place.**
  - E.      **You will need to keep your incision dry when taking a shower. You can cover your incisions with a water-proof bandage that can be purchased at your local pharmacy.**

**NOTE:** Your shoulder will be very swollen. It may take a week or longer for this to go away. It is also common to notice burning around the shoulder as the swelling resolves. If excessive bleeding occurs, please notify your physician. Clear (or light yellow) fluid drainage is normal for the first 3-4 days.

**For Return Appointments**

3.      **If you did not receive an appointment at the time of discharge call our office at (714) 634-4567 and schedule post-op appointment.**
4.      **If you have any problems or questions please call our office at (714) 634-4567 during offices hours 8:00-5:00. If you have a problem after hours call (714) 634-4567 and the answering service will contact Dr. Shepard.**
5.      **Any activity that requires precise thinking and accuracy must be avoided for the first twelve hours after surgery and while you are taking pain medications, which includes operating machinery and/or driving a vehicle.**